



How to Prepare for Your Video Capsule Endoscopy

IMPORTANT - Please read these instructions at least 2 weeks before your appointment. Only follow these instructions if you have received them from your physician or the Loyola GI Lab.

PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT

If you must cancel or reschedule your appointment, please call **708-216-0464** with at least SEVEN DAYS notice so another patient can be offered the time slot.

Your bowel must be empty so that your doctor can clearly view your small intestine. Follow all of the instructions in this handout EXACTLY as they are written.

Key instructions:

- Buy your bowel preparation at least 7 days before your procedure.
- Do NOT mix the solution until the day before your procedure.
- After swallowing the capsule and until the time it is excreted, you must NOT be near a magnetic resonance imaging (MRI) machine or schedule an MRI examination. If you need to have an MRI around this time, please call 708-216-0464 so that your test scheduling can be arranged in a safe manner.

PREPARING FOR YOUR PROCEDURE

7 days before your procedure

- Buy your ordered bowel preparation at your local pharmacy. You should get:
 - One 8.3 ounce (238 gram) bottle of MiraLax
 - One 32 ounce bottle of Gatorade, any flavor (not red or purple in color)
- If you have an Automatic Implanted Cardiac Defibrillator (AICD) or Pacemaker, get your information card from your doctor. You will need to bring it with you on the day of your appointment.
- Insulin or diabetes pills. You MUST call the doctor that monitors your blood sugar levels. Your medicine dose may need to be adjusted because of the diet restrictions required for the procedure.
- STOP taking medicines that stop diarrhea - such as Imodium, Kaopectate, or Pepto Bismol.
- STOP taking fiber supplements - such as Metamucil, Citrucel, or Perdiem.
- STOP taking Iron pills or multi-vitamins that contain Iron
- Call **708-216-0464** if you are unable to keep your appointment and need to reschedule.

The day before your procedure

- You may have a small, low fat breakfast and a small, low fat lunch.
- Beginning at 1pm, you can only drink clear liquids. Do NOT eat any more solid food.
- A clear liquid diet means you can only eat or drink the following:
 - Water
 - Lemonade
 - Clear beef broth and/or clear chicken broth
 - Clear fruit juices (apple, white cranberry, white grape)
 - Coffee or tea (iced or hot) sweetener only.
 - Clear carbonated beverages such as Ginger Ale or lemon-lime soda
 - Gatorade or other sports drinks (NOT red or purple)
 - Kool-Aid or other flavored drinks (NOT red or purple)
 - Yellow popsicles made with water
- **NO CREAMER OR MILK**
- You can eat yellow Jell-O (No other colors). Stop eating Jell-O once you start drinking the bowel prep.
- Do NOT drink alcohol on the day before the procedure or the day of the procedure.

When to mix and start your bowel prep

- Mix 1/2 of the MiraLax 8.3 ounce (238 gram) bottle in one 32 ounce Gatorade bottle until dissolved
- After mixing, place the solution in the refrigerator for a couple of hours before drinking.
- Do NOT add ice, sugar, or other flavorings to the solution.
- Between **6:00-8:00PM THE NIGHT BEFORE YOUR EXAM**: Begin drinking the Gatorade/MiraLax solution until the bottle is gone.
- You can continue to drink clear liquids up until midnight. Do NOT have anything to eat or drink after midnight.

The day of your procedure

- Take all other medications ordered by your doctor. On the day of your procedure, take your medications with a sip of water.
- You should arrive to the GI Lab at least 30 minutes before your scheduled procedure time.
- If you have an Automatic Implanted Cardiac Defibrillator (AICD) or Pacemaker, bring your information card with you.
- Bring a list of all your medications with you.
- **PLEASE DO NOT BRING ANY VALUABLES WITH YOU ON THE DAY OF YOUR APPOINTMENT. REMOVE ALL JEWELRY AND LEAVE IT AT HOME.**

After your procedure

- Avoid touching the recording device and keep the device on at all times during the test
- After swallowing the capsule, do NOT eat or drink anything for 2 hours
- After 2 hours have passed, you can have a clear liquid diet. Avoid red and purple colored liquids
- After 4 hours have passed, you can have a light lunch
- After 8 hours have passed, return to the GI lab to return the recorder and sensor belt

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After you return the recorder and belt

- You can resume normal activities and return to a normal diet
- Check your stool over the next 7 days to look for the capsule. It is disposable and should be flushed with the stool if you see it. You do NOT need to save the capsule.
- If you do NOT see the capsule in your stool after 7 days, call 708-216-0464 to let them know you have not seen the capsule. You may need to have an abdominal X-ray done to make sure the capsule is no longer in your intestinal tract.
- After swallowing the capsule and until the time it is excreted, you must NOT be near a magnetic resonance imaging (MRI) machine or schedule an MRI examination. If you need to have an MRI around this time, please call **708-216-0464** so that your test scheduling can be arranged in a safe manner.

Questions

If you have any questions about how to take your bowel preparation, please call:

- During normal business hours: **708-216-0464**
- After-hours: Physician Answering Service **708-216-8000**, and ask for the GI Fellow On Call

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This information is intended for distribution to individual patients of the Loyola University Health System. It is not intended for general use by the public and should not be used for diagnosing or treating a health problem or disease without consultation of a qualified health care professional.

For more information on health topics and Loyola University Health System services please see our website at www.loyolamedicine.org

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